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Your essential daily news | FRIDAY, JUNE 5, 2015

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Let's get the ball rolling

Germany's Annike Krahn, left, and Canada's Christine Sinclair vie for the ball during the first half of an international women's soccer game on June 18, 2014 in Vancouver, B.C. The FIFA Women's World Cup kicks off this weekend and TD Place will play host on Sunday to a match between Germany and Ivory Coast. DARRYL DYCK/THE CANADIAN PRESS

Hospitals face more staff cuts

HEALTH

Situation is a 'grave concern,' official says

Lucy Scholey
Metro | Ottawa

More Ottawa hospital cuts will likely be announced next week, warned the head of a provincial health advocacy group.

Natalie Mehra, executive director of the Ontario Health Coalition, would not specify which hospitals in the National Capital Region would lose staff, but said "very significant" frontline hospital cuts are in store. She declined to comment further until those employees are notified.

"The extent of the cuts is really becoming a grave concern for us," she said. "Every year, the cuts are biting more deeply."

The cuts mean surgeries are cancelled because there are no available recovery beds, hospitals are running over capacity and chronic care is affected, said Mehra. Recently, more than 100 staffing cuts were announced in Ottawa.

The Ottawa Hospital, which last week announced 87 full-time staffing cuts for nurses, administrators and other health professionals, cited a $12-million deficit as the reason.

Mehra blames the Ontario Liberal government for the cuts.

As a result of the Ontario government's healthcare funding plan, hospital budgets have been frozen for four years, according to the Ottawa Hospital website.

"It's just downloading the costs of healthcare onto, generally, the elderly and their families," said Mehra.

In a statement to Metro, Minister of Health and Long-Term Care Dr. Eric Hoskins said the province is putting the focus on the home and community care sector.

"Our government made improving healthcare one of our top priorities," Hoskins' statement said. "As a result of our investments, there are now 24,000 more nurses working in Ontario and 5,650 more doctors. We have also invested in Ontario's hospitals, increasing funding for CHEO by more than $36 million."

Eva Schacherl, spokeswoman for the Children's Hospital of Eastern Ontario, said there are no more new staffing changes in store for the hospital.

A spokeswoman for the Ottawa Hospital did not directly comment on future changes, but said nothing has changed since its staffing announcement last week.

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metro NEWS
Your essential daily news

Victoria student's prom dress, made of schoolwork, auctioned for charity.

'Crazy Kitchen had to stay'

SCIENCE AND TECHNOLOGY

Popular exhibit will be included when museum reopens in 2017

Michael Woods
Metro | Ottawa

Crazy Kitchen fans rejoice: The iconic exhibit will remain at the Science and Technology Museum when it reopens in 2017.

In a release Thursday, the museum said, based on initial feedback when it closed last September, it's "happy to confirm that the locomotives and the Crazy Kitchen will still be part of the experience" after it reopens.

The Crazy Kitchen has been among the city's most popular museum exhibits for decades.

Its uneven floors, antiquated decor and off-kilter environment have amused thousands of stumbling children over the years, leaving them laughing hysterically as they try to regain their balance.

"It's a very good example of an immersive experience at a museum that really works for people and resonates with them," said Christina Tessier, the museum's director general.

When the museum closed, she said, they reached out to members about what exhibits should stay and go.

"Almost unanimously, they came back with — the Crazy Kitchen had to stay."

The crazy kitchen exhibit will be returning when the Canada Science and Technology museum in Ottawa eventually reopens. The museum has been closed due to unacceptable levels of airborne mould. COURTESY CANADA SCIENCE AND TECHNOLOGY MUSEUM

The locomotives have been with the museum since soon after it opened. Tessier said the museum's train bay will be modernized, potentially with some virtual reality elements.

The museum on St. Laurent Boulevard closed in September 2014 after mould was discovered during routine maintenance.

In November, despite some calls to move the museum to a new location from its home at a former bakery building, the federal government announced it would spend $80 million to repair and upgrade the museum by 2017.

The museum also announced Thursday it's starting public consultations, in which it will share sketches and concepts from a new master plan. The museum says it will feature new exhibitions, programs and "a striking facade" when it reopens.

Anyone can offer their thoughts about new exhibits and programming by completing an online survey until June 20. The survey features detailed sketches of concepts for the exterior and interior of the museum, as well as potential new exhibitions.

One of the possible new areas is Artifact Alley, which would cut across the entire museum and allow the museum to display more of its science and technology collection. Historically, most of that collection has remained in storage.

INPUT

Those seeking to give input to museum staff in person can visit the following locations the next two weekends:
Saturday, June 6: St. Laurent Shopping Centre, 9:30 a.m. to 6 p.m.
Sunday, June 7: St. Laurent Shopping Centre, 11 a.m. to 5 p.m.
Saturday, June 13: Canada Agriculture and Food Museum, 10 a.m. to 4 p.m.
Sunday, June 14: Canada Aviation and Space Museum, 10 a.m. to 4 p.m.

LABOUR

Federal unions threaten legal action over 'unconstitutional' omnibus budget bill

The three largest unions representing federal public service workers made it clear to members of Parliament Thursday that they will fight provisions in the Conservative government's omnibus budget bill — a controversial piece of legislation they say undermines their collective bargaining rights.

The labour groups object to provisions of Bill C-59, which they say would give the federal government the power to unilaterally impose new sick leave and disability rules without negotiating with the unions.

"What this does is predetermine the outcome of our bargaining, and that quite frankly is unconstitutional," Public Service Alliance of Canada national president Robyn Benson told a parliamentary committee.

> **We will take the necessary steps to make sure our membership is protected.**
> Robyn Benson, Public Service Alliance of Canada

"We will take the necessary steps to make sure our membership is protected."

Benson, along with the heads of the Canadian Association of Professional Employees (CAPE) and the Professional Institute of the Public Service of Canada (PIPSC) testified before the House of Commons finance committee on Thursday morning.

The Senate national finance committee heard similar testimony earlier this week.

The unions say that they're preparing for legal action against Bill C-59 should it become law.

Treasury Board President Tony Clement has maintained the government is committed to the collective bargaining process.

There is also friction surrounding the government booking $900 million in savings from sick leave in this year's budget while negotiations regarding a new regime are ongoing.

PIPSC president Debi Daviau called that an "a pre-election budget PR exercise" in her testimony before the committee.

MICHAEL WOODS/METRO

HOUSE OF COMMONS

Security change a must after shooting: Guards

The guards who have long patrolled the interior of the Parliament Buildings say they know things need to change in the wake of the Oct. 22 shooting last year.

But the House of Commons Protective Services union says they're also satisfied that a report released Wednesday, which looks into what happened that day, suggests they did their jobs properly.

The Ontario Provincial Police report concluded that the RCMP could have stopped Michael Zehaf Bibeau from making it into Centre Block, but for a series of miscues. The report determined that Zehaf Bibeau was caught in a hail of gunfire within seconds of bursting through the front doors and died after being hit by 31 bullets.

The report makes 66 recommendations, including better weapons for the RCMP and identifies ongoing security issues, such as easy public access to the lawn of Parliament Hill.

The guards' union says they know there are structural and institutional elements that need improvement, but they'll continue to devote their lives to protecting what they call one of Canada's most fundamental institutions — the House of Commons. THE CANADIAN PRESS

What's on in Ottawa?

It's only the first weekend in June, but as far as we're concerned, it's summer. I mean, we're already ditching work early in search of patio beers (so are you, admit it). If you're looking for something beyond suds this weekend, then here's a sample of what the city has to offer. Happy summer. **Lucy Scholey** METRO

1 Ottawa Veg Fest

June 6-7

RA Centre

After a year-long hiatus, foodies can once again veg out with fare from Ottawa's best vegetarian restaurants at the RA Centre. A marketplace of about 100 vendors will be selling other veggie and vegan-friendly products. Cost is by donation and the first 100 attendees each day will leave with a free gift bag.

Doors Open Ottawa

June 6-7

Various locations

What's inside the Ottawa fire department's training facility? What about the Algerian Embassy? Want to know what happens to your blood when you donate? Peek behind the doors of 125 locations at the annual Doors Open Ottawa event.

2

4

3

Indo-Caribbean Cultural Celebration

June 6

St. Joseph's Parish Hall (151 Laurier Ave.)

Still hungry? Then head downtown to the annual Indo-Caribbean Cultural Celebration for traditional Indian food, performers and a DJ. It's $35 a plate, or $10 if you only want to hit up the dance floor. Proceeds will go to Camp Misquah and the Ottawa Humane Society.

Fiamma! An Operascape

5

June 7

Underneath Plaza Bridge (west arch)

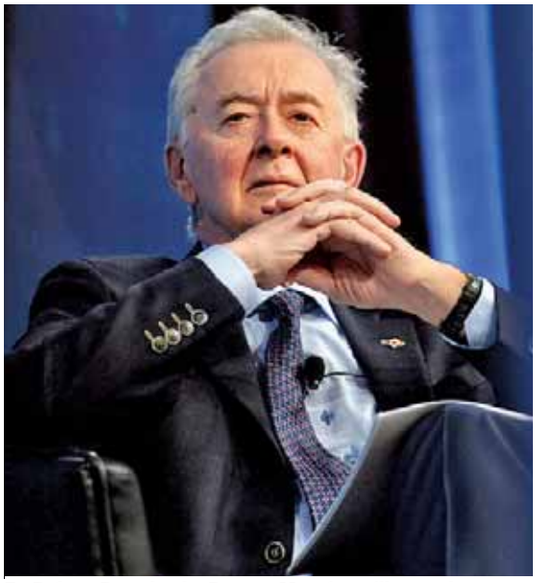
Forget the opera hall. Edmonton's Mercury Opera is bringing its big costumes and even bigger voices to Ottawa's backyard: along the Rideau Canal. Fiamma! An Operascape plugs itself as an accessible, family-friendly show. This one-day-only, pay-what-you-can event will be even more dazzling with fire weavers from Ottawa's Mini Cirque. Just be prepared to stand because the reserved seating has filled up. This show is part of the Magnetic North Theatre Festival. Other shows this weekend include Re:Union, the Public Servant, and Needles & Opium (the last of that show is Saturday). Alas, Up to Low is all sold out, but there will be more plays next week.

FIFA Women's World Cup

June 7, 1 p.m. and 3 p.m.

TD Place

Now that's the spirit we want to see at TD Place on Sunday. Whether it's Germany's black, red and yellow or the Cote d'Ivoire team, head to Lansdowne Park for the match at 4 p.m. Get there earlier for a soccer doubleheader. Norway kicks off against Thailand at 1 p.m. For diehard Christine Sinclair fans who won't be in Edmonton for Saturday's match against China, join your fellow Canadians at an Ottawa pub.



Ex-Reform Party leader Preston Manning will get an honorary degree from Carleton. SEAN KILPATRICK/THE CANADIAN PRESS

Carleton U to honour Manning

GRADUATION

Ex-Reform boss helped get $15M donation

Haley Ritchie
Metro | Ottawa

Carleton University will be handing out 10 honorary degrees next week as graduating students accept their diplomas.

Two well-known journalists — former CTV anchor Lloyd Robertson and writer Sally Armstrong — will receive Doctor of Laws degrees.

A number of individuals are being honoured for their work in health care and vulnerable populations, including Firdaus Kharas, David Butler-Jones, Madeleine Kētēskwew Dion Stout and Diane Morrison.

Also included in the list is former Reform Party leader Preston Manning, who will be "recognized for exemplary and thoughtful leadership in strengthening democracy in Canada."

Manning was involved in setting up a school of political management at Carleton in 2012, after helping to organize a controversial $15-million donation from Calgary businessman Clayton Riddell.

Riddell received an honorary degree from the school last year, although the terms of his donation were restructured.

The school was accused of being secretive about the program's original arrangement, which gave the Riddell Foundation power to appoint a committee that would control the program's budget, hiring and curriculum.

IN BRIEF

Non-profits get tech help at weekend hackathon

Benevolent developers and designers will be paired up with non-profits this weekend for a problem-solving hackathon.

"Tech-savvy do-gooders" at the Random Hacks of Kindness event will help with apps and web solutions for local groups.

The Ottawa-Carleton Ultimate Frisbee Association, for example, wants to organize tournaments online and the hackers will help.

Groups attending include exMNA, COMPASS, Child Nature Alliance Canada, Riverkeepers and VoteSavvy. METRO

LGBTQW

Capital Pride still on track: Organizers

Despite losing its festival producer three months before the event, Capital Pride organizers say the event is still on track and decisions about a new route are being made with the city.

Festivities will begin Aug. 17, closing with the annual parade on Aug. 23.

The group is working with the city on a new route that will concentrate the festivities on Bank Street.

The theme for this year's pride will be "30 years together."

"This year we want to commemorate how far we've come together and reaffirm our trust in all that this community can do when unified," said Oren Howlett, a spokesman for the event.

Organizers said a new website with event details, including a new 30th anniversary ball, is to be launched later this month.

Returning events include the flag raising tour, human rights vigil, family picnic, health and fitness day, Mr. and Ms. Capital Pride pageant and the Rainbow Party.

A display showcasing archival material from previous years is also being planned.

HALEY RITCHIE/METRO

> **This year we want to commemorate how far we've come together.**
>
> Oren Howlett, spokesman for Capital Pride

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Bears killed in 70% of police responses

ANIMALS

Ministry says public safety top concern

Government data show bears are far more likely to be killed than tranquilized in Ontario when authorities are called in to intervene.

The Ministry of Natural Resources and Forestry said it received 4,293 calls for bear sightings last year, and about two per cent required an on-the-ground response.

It said in 70 per cent of those cases, the bear was killed "due to public safety concerns."

Ministry spokesman Todd Lane said "chemical immobilization" is always the preferred option, but public safety remains the top concern.

Outrage erupted online earlier this week after police shot and killed a black bear that had been cornered in a suburban Toronto backyard.

4,293

Number of bear sightings reported to the Ministry of Natural Resourceds and Forestry last year.

Police say they had no choice but to shoot once the bear started coming down the tree it had climbed.

Ministry staff were called to assist but did not arrive until after the bear had already been killed.

Under the current system, police are the first to respond to bear sightings. Ministry experts are brought in once the animal is confined and no longer considered a public threat. THE CANADIAN PRESS

Bears are more likely to be killed than tranquilized in Ontario, according to government data. ROBERT F. BUKATY/THE ASSOCIATED PRESS

POLITICS

Wynne announces electoral changes

Ontario plans to move its fixed elections from October to June and could even hold them on Saturdays to increase voter turnout, but Premier Kathleen Wynne isn't ready to try online voting just yet.

"I am not opposed personally to using technology in the election process, not in any way," said Wynne as she announced a series of electoral changes. "Are there uses for online (voting), is there a way of integrating it? I just think jury is still out on that."

Elections Ontario recommended moving elections from the fall to June to avoid overlap with federal and municipal elections and potential voter fatigue, and to take advantage of longer daylight and better weather. However, Wynne wasn't convinced by another recommendation to hold elections on Saturdays or school holidays.

"I'm not sure about weekend elections, the notion that somehow there would be more people around to vote," she said.

Last year's Ontario election was in June, but it was triggered after the opposition parties vowed to vote against the budget, which would have defeated the then-minority Liberal government.

Wynne offered no details on her promise to "strengthen rules" around election-related third-party advertising, which has more than tripled since the 2007 election to $8.7 million in 2014, more than any of the political parties spent on ads. But she all but rejected the idea of imposing caps on political donations by unions and corporations.

The Progressive Conservatives were the target of much of that third-party advertising, mainly from a coalition of unions calling themselves "Working Families" that spent heavily in recent elections attacking former PC leaders.

Ontario will also match federal riding boundary changes, increasing the number of seats in the legislature from 107 to 122, one more northern seat than at the federal level to ensure the "unique needs of the north" are protected. THE CANADIAN PRESS

Premier Kathleen Wynne. FRANK GUNN/THE CANADIAN PRESS

TRAFFIC INCIDENT

Officer seriously hurt in west-end collision

An Ottawa police officer was rushed to hospital with serious head injuries Thursday after his cruiser collided with another vehicle at the intersection of Hazeldean and Huntmar roads.

The officer, who is in his 30s, was initially unconscious, but he later regained consciousness when paramedics arrived at around 9 a.m.

He is in serious, but stable condition in hospital.

The driver of the other vehicle, a 52-year-old woman, was treated for hip, spinal and head injuries. Firefighters had to extricate her from her vehicle. She is also in serious, but stable condition.

The Special Investigations Unit had initially reported it was investigating the collision, but later released a statement on Twitter that its own probe has been suspended following a preliminary investigation. JOE LOFARO/METRO

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Suspended senator Mike Duffy arrives at court in Ottawa Thursday. The former broadcaster has pleaded not guilty to 31 charges. SEAN KILPATRICK/THE CANADIAN PRESS

Taxpayers paid for funeral trips

TRIAL

Duffy lawyer claims the grieving also included work

Three funerals that Sen. Mike Duffy attended — and billed taxpayers for — each included some element of government business and weren't personal trips, his lawyer argues.

The funerals that Duffy's criminal trial heard about Thursday cost the Senate more than $5,000 in flights and food expenses and were all for people with whom Duffy had a personal connection.

There was the acquaintance who was a well-known Second World War hero from P.E.I. and died in 2011.

There was the high school volunteer basketball coach who died in 2012.

And there was a close friend of Duffy's mother who died in 2009.

Among other things, the Crown alleges that Duffy wrongly charged taxpayers for what amounted to personal travel rather than government business.

Duffy has pleaded not guilty to 31 charges, including fraud, breach of trust and bribery stemming from his questionable Senate expenses.

A witness who was at the 2011 funeral said she believed Duffy was there as a government representative for the funeral of Clifton (Cliff) Elmer Stewart, affectionately known on the island as "the spy from P.E.I."

The court heard that Duffy and Stewart were friends.

In January 2012, Duffy travelled to the province for the funeral of Robert (Bobby) Leclair, who was described as a father figure to many of the students he coached in basketball.

Duffy read Scripture at Leclair's funeral, the court heard.

Duffy's lawyer, Donald Bayne, argued his client was there because he had responsibilities to represent the region and "funerals are an important public paying of respect to community members."

Not only that, but Leclair was a lifelong Conservative and helped during elections. He also suggested Duffy met a senior provincial bureaucrat in his role as a senator during the visit.

And then there was the funeral for Isobel DeBlois, a longtime, close friend of Duffy's mother. DeBlois died in 2009, only a few months after Duffy became a senator, and he gave the eulogy at the service.

Her lineage, Bayne argued, made her worthy of having a government representative at the funeral, meaning taxpayers could get the tab. DeBlois was a descendant of George Coles, the first premier of P.E.I. and one of the Fathers of Confederation.

THE CANADIAN PRESS

COURT

Nurse sentenced to five years in prison for husband's death

Joe Lofaro
Metro | Ottawa

Hours before a judge ruled Nancy Lane will serve five years in prison for manslaughter in the death of her husband, she gave a brief courtroom apology to her four adult children.

It was last week during her first-degree murder trial that Lane, 55, made a surprise guilty plea to the lesser offence for the October 2009 death of her husband, Art Lane.

A recent pathology report showed the likely cause of his death was heart disease, which put a dent in the Crown theory that he had been poisoned.

Lane, a registered nurse, admitted she did not seek medical attention or call 911 for her dying husband in their Athens home, south of Ottawa.

"I wanted to say I'm so sorry for what I have done," Lane said in court Thursday.

One of Lane's sons read a victim impact statement in court, describing how her actions have torn the family apart, including the Lane siblings.

"The vicious rumours on my character and the slagging of my father's legacy have hurt me profoundly," said Alex Lane.

"The stark fact that for me to get justice for my father I would have to lose my mother, is an emotional complexity which I will be dealing with for a long time. This crime has splintered my family into two groups, and as a result I have lost connections with people I love."

Despite the rift within the family, Lane had many supporters in the courtroom at the sentencing hearing, including J.F. Norwood House volunteers at the Bronson Centre where she devoted much of her time while out on bail.

They described how Lane dedicated the past few years renovating the centre in Ottawa, planting gardens there, and preparing meals for the homeless.

"She is a kind person and is always willing to help," said a volunteer at the centre who read her letter to the court.

"She has made a huge difference in the lives of the people at the Bronson Centre."

Justice Robert Maranger ruled Lane will serve the remainder of her sentence at a minimum security facility.

"The greatest sadness is the pain that I have brought to my children Christian, Alex, Nicholas, and Jonathan. If I could do it over again, I would do it so differently. I'm just so sorry.

Nancy Lane

CITY HALL MILKING STANDOFF Ottawa chef Shane Kennedy, centre, and Jeff Rocque, right, of the Mechanical Contractors Association went head-to-head in a cow-milking competition at the annual Mayor's Rural Expo outside city hall on Thursday. Proceeds from the event went to the Ottawa Food Bank. HALEY RITCHIE/METRO

Preschool's repair is forcing closure

EDUCATION

$453,120 tab to fix up building proves too rich

Lucy Scholey
Metro | Ottawa

The four-decade-old Blackburn Hamlet Preschool is closing doors, citing major and costly repair work.

Addressing sagging roof lines, mouse droppings, leaks, old electrical panel boards and a lack of exhaust fans would cost the parent-run co-op preschool $453,120 in repairs, according to a city-contracted third-party audit on Dec. 3, 2014.

Faced with three options that included amalgamating the 44-year-old preschool with another child-care provider, temporarily suspending programming or dissolving the corporation, the board of directors ultimately voted to close the facility following its annual general meeting on May 28.

> **"There is no viable option that would allow the Blackburn Hamlet Preschool to offer programming for fall 2015."**
>
> Letter to parents

The school will not offer programming in the 2015-16 year.

"No one on the board could have foreseen in February the difficulties we would encounter in our efforts to locate appropriate space," reads a letter to parents on the preschool's website.

"After an exhaustive and difficult process, we conclude that there is no viable option that would allow the Blackburn Hamlet Preschool to offer programming for fall 2015 in Blackburn Hamlet. Given the reality that we will not have an operational preschool in the fall, the co-operative must now evaluate other options."

The school board tried partnering with the Ottawa Catholic School Board, but realized the Good Shepherd School would be too costly to retrofit for daycare standards.

The board also rejected possible partnerships with the Ottawa Carleton District School Board's Forest Valley Public School and Trillium Elementary School in Cumberland Ward.

The preschool was on a long-term reduced-rate lease from the City of Ottawa on the agreement the school would be responsible for all capital upgrades and maintenance.

The city offered to extend the school's lease from 2012 to 2015 on the condition that the school find a new home and fund the move itself.

The school board started a crowdfunding campaign to raise $7,500 for the move but only hit the $575 mark.

The City of Ottawa is cutting the lease in June.

SAMSUNG Galaxy S6 edge

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EXPENSE SCANDAL

Auditor general nitpicking: Senator

Three of the Senate's most influential members have been found by the auditor general to have made ineligible expense claims, but one of the trio, Speaker Leo Housakos, said Michael Ferguson is being "nit-picky."

Housakos and James Cowan, the Liberal leader in the Senate, confirmed Thursday that they're among the 21 senators deemed by Ferguson to have made questionable claims.

Claude Carignan, government leader in the Senate, also made the list, sources familiar with the contents of the audit said.

Cowan said his case involves just over $10,000 worth of travel claims, over which he said he's having a "respectful disagreement" with Ferguson. Housakos said he also disagrees with some of Ferguson's findings.

Housakos said the auditor general is also challenging him on about $6,000 worth of contracts he issued rather than hire a full-time policy adviser. Ferguson had taken exception to the wording of the contracts, but Housakos said he plans to appeal the decision.

"I think the auditor is being, in my particular case, nit-picky," said Housakos, arguing that his contracting arrangements actually saved the Senate money.

The Senate received Ferguson's report, which is about 120 pages, Thursday afternoon.

THE CANADIAN PRESS

PROBE

In addition to the 21 senators, Ferguson has deemed spending by another nine — two current and seven former — to have been egregious enough to warrant RCMP investigation.

ANNIVERSARY

FALLEN MONCTON SOLDIERS REMEMBERED

A concept for a memorial is seen at a ceremony marking the one-year anniversary of the shooting deaths of Constables David Ross, Fabrice Gevaudan and Doug Larche, on Thursday in Moncton, N.B.

The federal budget tabled in April allocated up to $1 million for the memorial, which will be placed in a waterfront park. The force has been criticized for not properly equipping its officers with adequate training and resources, such as patrol carbines. Still, RCMP Assistant Commissioner Roger Brown said the force in Moncton has better equipment than it did a year ago.

PHOTO: ANDREW VAUGHAN/ THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

ELECTION

Senator aims to get ad costs disclosed

Federal political parties are being challenged to publicly disclose how much taxpayer-subsidized money they're spending on advertising during the unregulated pre-election season.

The advent of fixed dates for federal elections has turned the months leading up to the Oct. 19 national vote into a spending free-for-all.

Sen. Dennis Dawson said that makes a mockery of the strict spending limits imposed during election campaigns, which are meant to reduce the influence of money and level the playing field for all parties.

Dawson, who sits as a Liberal senator, had hoped to compel parties to disclose how much they spend on advertising in the three months before an election is formally called and to have that count against their campaign spending limit.

But two attempts to pass a private member's bill to that effect have gone nowhere.

So Dawson is now calling on the parties to voluntarily disclose how much they spend on advertising in the three months before the writ is dropped for the October vote. THE CANADIAN PRESS

"If you're going to be buying them, at least tell them how much you paid for them."
Sen. Dennis Dawson

Anti-terror efforts get funding boost

CSIS

Canada's spy agency among beneficiaries

Prime Minister Stephen Harper played up his tough-on-terrorism credentials Thursday, announcing a trifecta of measures aimed at beefing up the country's ability to thwart violent jihad.

The measures, some previously announced in the budget, include more money for Canada's spy agency and more scrutiny of foreign visitors.

"Jihadi terrorists have threatened Canada and Canadians by name and with a clarity that leaves no room for doubt," Harper told a room filled with hand-picked observers.

"We are increasing our capacity to detect terrorists and terrorist plots, to choke off the financing that supports them, and to secure our borders against known and suspected terrorists who wish to enter."

Among those on hand for the pre-election announcement at a Toronto north-end hotel were victims of terrorism, including Cindy Barkway, whose husband Dave died in the 9/11 attack on the World Trade Centre in New York.

During his speech, Harper repeated a familiar refrain: that his Conservatives are the only party that can be counted on to protect the security interests of Canadians.

Under the new measures, the federal government will commit $137 million more over five years to Canada's Security and Intelligence Service (CSIS), along with $41 million more a year afterward.

The additional funding, Harper said, would allow CSIS to beef up its frontline capacity to counter terrorist threats and activities.

Some experts, however, have argued the earmarked money simply isn't much given the current threat environment, especially with legislation giving the agency more power to stop Canadians from joining terror groups abroad, disrupt bank transactions, and secretly interfere with radical websites.

THE CANADIAN PRESS

DETAILS

Recognizing that terrorists "need cash," Harper also announced that Canada's tax authorities will put more emphasis on uncovering terror-related financing and the charities and organizations behind the money flow.

The government also plans to expand biometric screening of foreign citizens coming to Canada.

VANCOUVER, B.C.

'They dive-bomb at me': Woman plagued by crow attacks

Thandi Fletcher
Metro | Vancouver

A Vancouver woman can't keep count of the number of crows that have dive-bomb attacked her in the past two years.

Sophia Lindgren said she is almost frightened to walk outside after the black birds have aggressively attacked her at least eight times in different parts of the city.

"They dive-bomb at me," she told Metro. "It goes back and forth and goes 'Caw! Caw!'"

The first attack happened in May last year when Lindgren was walking out of her home. Then it happened again in Kitsilano, Strathcona and Richmond. After nesting season ended, Lindgren forgot about the attacks, but last week, she said it started again.

In one attack, she said a crow scratch left her bleeding. Although she wasn't seriously injured, the repeated incidents are becoming "freaky," she said.

Derek Matthews, chairman of the Vancouver Aviation Research Centre, said it is possible that at some point Lindgren did do something that has crows holding a grudge against her.

"If she flapped at them or shooed them away, it's possible she's been marked," he said.

Matthews pointed to several studies by University of Washington biologist John Marzluff who found crows recognize and remember individual human faces.

Some experts theorize that when large numbers of crows congregate in so-called "roosts," the birds vocally share information. Often that knowledge is about food sources, but the birds could also warn others about predators and other threats.

George Clulow, president of B.C. Field Ornithologists, said crows also mark someone as a threat if they observe another crow attacking someone who gets too close to a nest.

"It's their form of communicating concerns with an individual through their behaviour," he said.

During nesting season, Matthews said, crows go to great lengths to protect their nest. They spend up to three days incubating their eggs after building their nests and another four weeks or more feeding their young until they fledge. When a human or animal gets too close to the nest, Matthews said crows will do everything they can to protect their young.

He recommends people walk quickly away from the area if a crow is dive-bombing them. If they get scratched, he said there's no need to fret, as the birds can't transmit diseases.

"People think they're harbingers of evil, but they're not ... They're just trying to feed their families."
Derek Matthews, chairman of the Vancouver Aviation Research Centre

U.S. deliberates after Russia's alleged nuclear treaty breach

OBAMA ADMINISTRATION

Option to deploy missiles in Europe on the table

The Obama administration is weighing a range of aggressive responses to Russia's alleged violation of a Cold War-era nuclear treaty, including deploying land-based missiles in Europe that could pre-emptively destroy the Russian weapons.

This "counterforce" option is among possibilities the administration is considering as it reviews its entire policy toward Russia in light of Moscow's military intervention in Ukraine, its annexation of Crimea and other actions the U.S. deems confrontational in Europe and beyond.

MOSCOW

The U.S. and its Western partners have tried to use economic and diplomatic leverage against Putin on a range of conflicts, including Ukraine. But they also recognize that Moscow still plays an important role in international affairs, including the nuclear talks with Iran that are among President Barack Obama's highest foreign policy priorities.

In this Dec. 24, 1997, file photo, soldiers prepare to destroy a ballistic SS-19 missile in the yard of the largest former Soviet military rocket base in Vakulenchuk, Ukraine. The Obama administration is weighing a range of aggressive responses to Russia's alleged violation of a Cold War-era nuclear missile treaty. THE ASSOCIATED PRESS FILE

The options go so far as one implied — but not stated explicitly — that would improve the ability of U.S. nuclear weapons to destroy military targets on Russian territory.

It all has a certain Cold War ring, even if the White House ultimately decides to continue tolerating Russia's alleged flight-testing of a ground-launched cruise missile with a range prohibited by the treaty.

> **All the options under consideration are designed to ensure that Russia gains no significant military advantage from their violation.**
>
> Pentagon spokesman Lt. Col. Joe Sowers

Russia denies violating the treaty and has, in turn, claimed violations by the United States in erecting missile defences.

It is unclear whether Russia has actually deployed the suspect missile or whether Washington would make any military move if the Russians stopped short of deployment. For now, administration officials say they prefer to continue trying to talk Moscow into treaty compliance.

In public, administration officials have used obscure terms like "counterforce" and "countervailing strike capabilities" to describe two of its military response options, apparently hoping to buy time for diplomacy.

At his Senate confirmation hearing in February, Defence Secretary Ash Carter noted his concern about Russia's alleged violation of the 1987 Intermediate-range Nuclear Forces, or INF, treaty. He said disregard for treaty limitations was a "two-way street" opening the way for the U.S. to respond in kind.

The standoff speaks volumes about the depths to which U.S.-Russia relations have fallen. And that poses problems not only for the Obama administration but also for the NATO alliance, whose members in eastern Europe are especially leery of allowing Russian provocations to go unanswered.

Western leaders are meeting Sunday and Monday for a G-7 summit — from which Russian President Vladimir Putin has been excluded — where Russian aggression will be a key topic.

THE ASSOCIATED PRESS

GHANA

Death toll climbs in gas station explosion

The death toll from a huge gas station explosion and flooding in Ghana's capital has more than doubled to 150 people, the president said Thursday night.

Dozens of people had sought shelter at the gas station and in nearby shops in central Accra to escape the torrential rains at the time of Wednesday night's blast. Flooding swept fuel being stored at the station into a nearby fire, triggering the explosion that also set ablaze neighbouring buildings, officials said.

The West African nation will observe three days of mourning with flags flying at half-staff, and the government will allocate about $12 million for relief operations and to repair damaged infrastructure, President John Dramani Mahama told journalists before heading into an emergency meeting.

Before Mahama's announcement, the death toll stood at 73.

TV footage earlier Thursday showed corpses being piled into the back of a pickup truck and other charred bodies trapped amid the debris. Floodwaters around the site hampered rescue and recovery efforts.

Officials at the nearby 37 Military Hospital said its morgue had reached capacity.

Mahama visited the blast site during the day, calling the death toll "catastrophic" and offering condolences to families of the victims. "Steps will be taken to ensure that disastrous floods and their attendant deaths do not occur again," he said.

THE ASSOCIATED PRESS

CYBER ATTACKS

Snowden documents show NSA has expanded U.S. web spying

The Obama administration has expanded the National Security Agency's authority to hunt for foreign threats coursing through American Internet pipes by allowing the agency to collect intelligence on cyber attacks, the New York Times and ProPublica reported Thursday, citing documents provided by Edward Snowden.

The reports noted that the surveillance of U.S. internet traffic, which began in 2012, has been occurring without individual warrants envisioned under the Foreign Intelligence Surveillance Act, a 1978 law that predated the modern Internet. The warrantless surveillance was legalized in 2008.

Brian Hale, the spokesman for the Office of the Director of National Intelligence, said it was "not surprising that the U.S. government gathers intelligence on foreign powers that attempt to penetrate U.S. networks and steal the private information of U.S. citizens and companies."

Under the PRISM program, the NSA, pursuant to secret court orders, collects intelligence about foreign threats through U.S. Internet companies. The agency also collects information by tapping Internet traffic at home and abroad. Snowden, a former agency contractor now living in Russia to avoid criminal charges, revealed PRISM in 2013.

In mid-2012, Justice Department lawyers wrote two secret memos authorizing the NSA to begin collecting intelligence on U.S. Internet cables for data linked to cyber attacks and hacking originating abroad — including traffic that flows to suspicious Internet addresses or contains malware, the news reports said.

At least one NSA lawyer was worried that a lot of information about innocent Americans would be incidentally collected, the reports said. He proposed storing the cyber data in a way that analysts working on unrelated issues could not query it, a 2010 training document showed.

But it's not clear whether that ever happened.

The NSA's collection of foreign intelligence on American Internet infrastructure was not addressed in the USA Freedom Act, the law enacted this week that will end the agency's collection of American calling records.

THE ASSOCIATED PRESS

MIDEAST CONFLICT

ISIL reduces water supply to Iraq's government-held areas

ISIL militants have reduced the amount of water flowing to government-held areas in Iraq's western Anbar province, an official said Thursday, the latest in the vicious war as Iraqi forces struggle to claw back ground held by the extremists in the Sunni heartland.

It's not the first time that water has been used as a weapon of war in Mideast conflicts and in Iraq in particular. Earlier this year, ISIL reduced the flow through another lock outside the militant-held town of Fallujah, also in Anbar province. But the extremists soon reopened it after criticism from residents.

ISIL captured Ramadi, the provincial capital of Anbar, last month, marking its most significant victory since a U.S.-led coalition began an air campaign against the extremists last August. Earlier last year, ISIL had blitzed across much of western and northern Iraq, capturing key Anbar cities and also Mosul, Iraq's second-largest city that lies to the north of Baghdad.

Also Thursday, UN officials urgently called for almost $498 million in donations to provide shelter, food, water and other life-saving services for the next six months to Iraqis displaced or affected by the fighting between government forces and ISIL.

The reduced flow of water through the militant-held dam on the Euphrates River will threaten irrigation systems and water treatment plants in nearby areas controlled by troops and tribes opposed to the extremist group, provincial council member Taha Abdul-Ghani told The Associated Press.

Abdul-Ghani said there would be no immediate effect on Shiite areas in central and southern Iraq, saying water is being diverted to those areas from the Tigris River.

The United Nations had said on Wednesday that it was looking into reports that ISIL had reduced the flow of water through the al-Warar dam.

"The use of water as a tool of war is to be condemned in no uncertain terms," the spokesman for the UN secretary-general, Stéphane Dujarric, told reporters. "These kinds of reports are disturbing, to say the least."

THE ASSOCIATED PRESS

No persecution, Myanmar says

HUMANITARIAN CRISIS

Minister insists refugees seek jobs, not political safety

Myanmar said Thursday that thousands of migrants left the country to seek better jobs elsewhere, and were not fleeing persecution, a day after bringing to shore about 730 migrants, the latest arrivals in Southeast Asia's ongoing crisis.

Foreign Affairs Minister Wunna Maung Lwin's remarks were Myanmar's latest denial of any blame for the humanitarian crisis. More than 4,600 desperate and hungry boat people have been rescued in five countries since early May after a regional crackdown on smugglers prompted some captains to abandon their human cargo at sea.

The United Nations has said about half of those who have come ashore were Rohingya Muslims fleeing persecution in Myanmar, and the rest were Bangladeshis escaping poverty.

"It is not true that the migrants from Myanmar fled because of discrimination or persecution in Myanmar," the foreign minister said during a briefing to foreign diplomats about the crisis. "They are just the victims of human smugglers."

"These are migrants who are seeking better jobs in other countries," he added.

Myanmar authorities intercepted boats packed with more than 730 people and brought the group ashore Wednesday in western Rakhine state, said Wunna Maung Lwin. Those on board included 611 men, 72 women and 51 children whose nationalities the government was still verifying, he said.

"Those who are verified as citizens of Bangladesh will be sent back to their country starting Sunday," he said. "Myanmar is not in a position to give assistance to the migrants long-term, as it is a developing country."

UN agencies and other groups said they were not getting full access to the verification process, which is seen as crucial to ensure that Myanmar is not falsely labelling Rohingya on the boat as citizens of Bangladesh.

The UN has called the Rohingya one of the world's most persecuted minorities.

Myanmar denies the existence of the Rohingya, whose population in Rakhine state is estimated at 1.3 million people. The government says they are all "Bengali," implying they are illegal immigrants from Bangladesh. THE ASSOCIATED PRESS

In this photograph taken May 28, Rohingya migrant women from Myanmar stand at a confinement camp in Indonesia's Aceh province after Indonesian fishermen rescued about 400 Rohingya migrants from Myanmar and Bangladesh from a boat on May 20, 2015 off the eastern coast of Aceh. CHAIDEER MAHYUDDIN/AFP/GETTY IMAGES

> **Myanmar is not in a position to give assistance to the migrants long term, as it is a developing country.**
> Foreign Affairs Minister Wunna Maung Lwin

MUHAMMAD CARTOONS

Dutch Muslims used to insults

Moderate Dutch Muslims on Thursday called anti-Islam lawmaker Geert Wilders's plan to broadcast cartoons of the Prophet Muhammad on national television a provocation.

There were no signs of outrage or unrest, the day after Wilders announced his plan to use airtime granted to political parties to show cartoons from a contest in Texas last month that was targeted by two armed attackers. Wilders spoke at the contest in Garland, but left before the foiled attack in which both gunmen were shot dead.

Islamic tradition holds that any physical depiction of the Prophet Muhammad is blasphemous. It appears, however, that Muslims in the Netherlands may be growing accustomed to Wilders' fierce criticism of their faith.

Muslims in the Netherlands "are no longer easy to offend," said lawyer Ejder Kose, who once represented a Muslim organization that tried unsuccessfully to ban a short film made by Wilders.

Wilders' anti-Islam rhetoric has in the past sparked outrage around the Muslim world and prompted death threats that have led to him living under round-the-clock protection.

Yassin Elforkani, spokesman of the Contact Group for Muslims and Government, agreed that people are growing accustomed to Wilders.

"It is provocation from Mr. Wilders that we have been used to for years," Elforkani said in a telephone interview. THE ASSOCIATED PRESS

VENEZUELA

Hunger strikers risking lives

A hunger strike by two high-profile imprisoned politicians is generating excitement among members of a Venezuelan opposition that has seemed mostly disengaged since 2014's fiery protests.

Seven students have even spent the past week camped out in the dusty front yard of a Caracas church drinking nothing but water and Pedialyte in sympathy with jailed former mayors Leopoldo Lopez and Daniel Ceballos, who announced their hunger strike on May 23.

"We have to be the public face," said 28-year-old Julio Rivas, who was clammy and red-eyed after eight days of fasting. "We know people can't see Lopez and know that he's wasting away. So we're taking up his cause."

Lopez, 44, announced the hunger strike via a video leaked from a military prison. He has been jailed for 15 months on charges related to his role in leading sometimes bloody protests against Venezuela's socialist administration in the spring of 2014.

He and Ceballos, 31, are demanding the release of jailed opposition leaders like themselves whom human rights groups consider political prisoners. They also are calling on officials to set a date for legislative elections that the law dictates must be held before the end of the year.

Their families say the men are drinking only water and a nutrient serum, though officials have not confirmed this. Lopez's family says he has lost more than 10 pounds and was brought to a Monday court date in an ambulance. Ceballos' supporters say his health also has deteriorated. THE ASSOCIATED PRESS

TECHNOLOGY INFLUENTIAL VIDEO GAMES ENTER HALL OF FAME In this May 17, 2015, photo provided by the Strong Museum in Rochester, N.Y., video games that were inducted into the World Video Game Hall of Fame on Thursday are shown. The new inductees include Pong, the 1972 virtual table tennis game, and Doom, which in 1993 turned players into virtual gunmen and sparked the violent video games debate. Joining the two games are: NES classic Super Mario Bros., Pac-Man, Tetris and World of Warcraft. Nominations for the Hall of Fame's next class are open through the end of March 2016. BETHANY MOSHER, THE STRONG MUSEUM/THE ASSOCIATED PRESS

Bell boss' remarks upset Netflix users

TECHNOLOGY

President faces social media backlash over VPN comment

The new head of Bell Media is facing a negative reaction across social media after saying it should be socially unacceptable for Canadians to use technological tricks to access U.S. Netflix.

Mary Ann Turcke told a Toronto telecom conference on Wednesday that using virtual private networks (VPNs) to view content not available in Canada should become taboo.

"It has to become socially unacceptable to admit to another human being that you are VPNing into U.S. Netflix, like throwing garbage out your car window — you just don't do it," she said.

"We have to get engaged and tell people they are stealing. When we were young and made the error of swiping candy bars at the checkout of the grocery store, what did our parents do? They marched us back in, humiliated us, told us to apologize to the nice lady and likely scolded us on the way home."

Turcke, who recently replaced Kevin Crull as the company's president, recalled reprimanding her 15-year-old daughter over the teen's use of a VPN to watch the American version of Netflix.

Turcke criticized newspapers for publishing how-to articles she said were "educating the masses on how to get around copyright law."

Many scoffed at her comments on social media, calling them out of touch and unrealistic.

"What is this, opposite day? The only people not using a VPN to use Netflix are those who don't know how," one tweeted.

"I gladly do it, and lots of us did it when working for Bell. Offer choice or I'll choose for myself," wrote another.

A few sided with Turcke, accusing those who defended the practice of making excuses for their bad behaviour.

"You can rationalize accessing foreign versions of Netflix all you want. The law is on Bell's side and your skirting these restrictions isn't the equivalent of Rosa Parks," one online commentor wrote.

VPNs allow users to mask the location of their IP address, circumventing geographic restrictions on online content.

A spokesman for Bell Media said Turcke would not be available for comment on Thursday. THE CANADIAN PRESS

> **It has to become socially unacceptable to admit to another human being that you are VPNing into U.S. Netflix.**
> Bell Media President Mary Ann Turcke

ADVERTISING

Tims removes Enbridge ads

Tim Hortons has brewed up controversy for its decision to yank ads by pipeline giant Enbridge Inc. from its in-store screens.

On Thursday morning, the coffee-and-doughnut purveyor responded to complaints about the ads on Twitter, telling individual users: ``We value your feedback and the Enbridge advertisements are no longer airing on Tims TV."

Calgary Conservative MPs like Jason Kenney, Michelle Rempel and Joan Crockatt took the chain to task on Twitter.

Tim Hortons declined to comment. THE CANADIAN PRESS

IN BRIEF

Canada files tariff request against U.S. with WTO

Canada has filed a request to impose more than $3 billion a year in tariffs on the U.S. in the latest move in an ongoing trade dispute. The Canadian government has asked the World Trade Organization to authorize punitive measures on a range of American goods. Canada and Mexico are fighting U.S. meat-labelling rules that require a sticker identifying where livestock was born, raised and slaughtered. Backers of the labelling say people have a right to know the origins of their food. The WTO has repeatedly sided with Canada and Mexico in the dispute. U.S. Congress is studying a bill that would repeal the labels. THE CANADIAN PRESS

market minute

DOLLAR 79.97¢ (-0.33¢)

TSX 15,019.39 (-135.29)

OIL $58.00 US (-$1.64)

GOLD $1,175.20 US (-$9.70)

NATURAL GAS: $2.626 US (-0.8¢)
DOW JONES: 17,905.58 (-170.69)

INDUSTRY

Saskatchewan won't review oil rates: Wall

Saskatchewan Premier Brad Wall is using the NDP's pending royalty review in Alberta to pitch his province to the oil industry.

In a speech to an industry audience in Weyburn this week, Wall promised his government has no plans to review the rates it charges oil companies in Saskatchewan.

With oil prices currently hovering around $60 US a barrel, the industry doesn't need any instability, Wall said.

"We like where royalties are at," he told reporters at the Saskatchewan Oil and Gas Recognition Awards. "We want to tell the industry, whatever may be happening in the rest of the country, they can expect ... stability here."

While Saskatchewan may not review oil royalties any time soon, the same can't be said for one of the province's other major resources. The government announced in its budget this year that it will review potash royalty structures. THE CANADIAN PRESS

LABOUR

Gawker writers vote to join union

Employees of gossip and news site Gawker Media say they have voted to join the Writers Guild of America, making it the first digital media outlet to organize.

In a Web posting, Gawker writers said they voted 75 per cent to 25 per cent to join the Guild. The Writers Guild said 90 per cent of eligible voters cast ballots.

Gawker first said it was planning to unionize in April. The employees said in the post Thursday that the next step will be determining what they want to bargain for and forming a bargaining committee.

While no digital media sites have been unionized, The Associated Press, The New York Times and other newspaper staffers have union representation.

Gawker founder and CEO Nick Denton said in a statement he is "pleased Gawker is leading the movement in the online media world toward collaboration and inclusion." THE ASSOCIATED PRESS

A MODERN HEALTH AND PHYSICAL EDUCATION CURRICULUM FOR MODERN TIMES

You may have heard there have been changes to Ontario's Health and Physical Education Curriculum, including sex education.

The world has changed since 1998. It's been 17 years since the curriculum was last fully updated.

Kids need current knowledge and skills to safely navigate the internet and smartphone world of 2015.

✓ Get accurate information about the curriculum at **ontario.ca/hpe**

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Ontario

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Your essential daily news
WEEKEND, June 5-7, 2015

Happy face/Sad face

From **chimp chefs** to **zigzagging Zambonis** ,
Metro weighs in on the news making headlines this week

Man learns not to drink at the rink

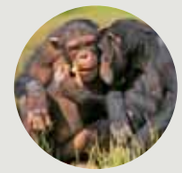
A North Dakota man who admitted he drove a Zamboni drunk was sentenced to nine days and fined $1,500 US this week. Steven Anderson, 27, had a blood alcohol level four times the legal limit when arrested in January at a girls' hockey game in Fargo. Witnesses said he was driving erratically and crashing into the boards. The judge didn't buy the argument that a Zamboni isn't a vehicle. THE ASSOCIATED PRESS

Nutrition app could give foodies #TMI

A new technology could give social media mavens who like to share #brunch and #foodporn pictures a rude awakening. Google's artificial intelligence prototype Im2Calories can teach you a lot about your food — if you want to know. It analyzes food photos and estimates how many calories are on your plate. The program measures the depth of each pixel, picks up on patterns and calculates your meal's size relative to objects like condiments and cutlery. CBC.CA

If you give a chimp an oven...

A new study has shed light on how our hominid ancestors first learned to cook. Harvard psychologists gave chimpanzees an oven-like device but didn't show them how to use it. The animals learned to place raw potato in the "chimp microwave," shake it, wait, and get a tasty, cooked treat—showing off skills like planning and delayed gratification. Real fire wasn't used because chimps still don't understand "Careful: Hot." NPR



Reading, writing and revitalizing

A project at two Ontario First Nations schools is drawing praise for converting reluctant readers. When it began in 2010, 13 per cent of Grade 3 kids were reading at grade level. By 2014, 67 per cent were. The number of special needs students fell from 45 per cent to 19 — raising questions about whether learning problems or inadequate teaching were really to blame. The secret formula? 100 minutes reading and writing per day, every day. MACLEAN'S

Finally, technology has found a cure for thirst

THE KOHLER REPORT
Rebecca Kohler

I've been parched for years, and I've never been sure what to do about it. But now a crowdfunding venture has raised more than $110,000 to help develop a new product called HidrateMe — a smart water bottle that tells you when to drink water. Thank God!

To let you know it's time to drink, the 24-ounce HidrateMe bottle glows — kind of like a wet lantern — until you take a sip. The container connects to your smartphone via Bluetooth (unfortunately there is no Ethernet option). After installing the HidrateMe app, it will ask you for personal information like your height and weight (it already knows your IQ is low: you purchased the product). Based on these details and factoring in your environment — temperature, elevation and humidity — HidrateMe calculates your "water goals," for how much water you should be drinking and when.

"Water goals"! What a fun term. At first it made me think about people in poor countries and their water goals. Goals like "finding water" and "drinking water that doesn't cause me to poo my pants." Then I realized, "Wait! This is about my water goals! Personal water goals."

After some soul searching, I came to the conclusion that while my water goals seem far away during a hangover, I feel like I achieve them on a day-to-day basis, based on the fact that I'm currently alive.

So do I need this bossy gadget? Sure, it's flashy and all — my body's "drink-water-now" mechanism (thirst) is kind of boring and passé and so 1999 (BC). And I can think of some fun, alternate uses for the HidrateMe bottle: filling your boss's with vodka, or, instead of using it as a glowing water bottle, using it as a flashlight for thirsty people …

I'm being hard on HidrateMe, because I think it's gimmicky. Sure, it'll tell me when to drink, but I'm still in charge. I constantly have a glass of water on my desk and I constantly don't drink from it. Human nature trumps "smart" gadgets.

A glowing bottle might help me for a few days, but like with all the self-help apps I've downloaded (quit smoking, run faster, Tinder), I'll just start ignoring it.

My body's 'drink-water-now' mechanism (thirst) is kind of boring and passé and so 1999 (BC).

I won't be surprised if, within a few months of launching, HidrateMe apps all over the world will be under the impression that their users have succumbed to the effects dehydration and died.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

ROSEMARY WESTWOOD

metroview

The new definition of masculinity won't be womansplained

My little brother came for a visit last week.

These days, though, he's more of a strapping young guy in his mid-20s.

Watching his evolution — from the boy who ran with windmill legs to a truck-driving carpenter — has been fascinating and, sometimes, worrying.

I've long felt deeply uneasy about the modern ideal of masculinity and its effect on him. Our culture glorifies the stoic man: in control, never vulnerable physically or emotionally. The consummate provider and leader.

But why hear that from me, when you can hear it from Donovan McKenzie, founder of In the Heart of a Man, a new Toronto-based organization that is fighting to redefine masculinity.

Tall, muscled and deep-voiced, McKenzie looks like a tough guy. And for years, that's what he tried to be, until he realized that striving to constantly "be a man" left him depressed, even suicidal.

"I grew up as this big black guy that was supposed to be strong. I grew up in a neighbourhood where it was really taboo to say you're sad," he told me. "I always heard in my head, 'Man up.' Men aren't supposed to feel this way."

"Imagine if there's something I could turn to, so I didn't have to hold this all in my heart?" he added.

He's spoken to young men in schools and prisons about embracing their feelings and accepting themselves. He runs a Humans of New York-style photo blog about men and an online community.

"Because of my story, I think it's time to have that outlet," he said.

UBC's dean of education, Dr. Blye Frank, would likely agree. Frank, who studies the links between masculinity and men's education and health, argues that men engage in risky behaviours to show their manliness. That can lead to higher rates of accidental death and suicide, even cancer, than women.

The new definition of masculinity remains up for grabs.

It might mean, as it did for writer Navneet Alang, unlearning the sexism he grew up with.

Even so, "I'm not sure I've gotten to the point of what an idealized form of masculinity might be," Alang told me.

As for my brother, he says masculinity means courage, restraint, and sacrifices "for yourself and your family."

Whatever the definition, though, it won't be figured out by women like me. We need womansplaining as much as mansplaining these days.

It will come from Frank, Alang, McKenzie, and my little/big brother.

And, I hope, soon.

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No life after grad: Degrassi ending after 14 seasons

I Spy a McCarthy blockbuster

REVIEW

Director Feig reunites with Bridesmaids actress in new comedy

IN FOCUS

Richard Crouse

I used to find Melissa McCarthy frustrating.

Director Paul Feig called her "one of the funniest people in the world." Her husband, actor Ben Falcone, said she "will do anything to get a laugh," but her tendency to go for the easy gag often put me in the mind of Will Ferrell in his Blades of Glory nadir.

Thanks to a string of hits like Bridesmaids, Identity Thief, The Heat and Tammy — and an $809 million box office total — McCarthy is a rarity in Hollywood: a female comedy superstar.

Everyone agrees she is a skilled comic actor who amplifies the funny in good movies and elevates the jokes in lesser scripts but the latter is why I used to find her exasperating. Much of her recent work — this weekend's very funny Spy notwithstanding — has relied on her major personality to magnify minor material.

There's no arguing with the kind of financial success she has enjoyed but critical accolades have been elusive. The Wall Street Journal, for instance, said of Tammy, "The movie's principal intention is to make you laugh at a loser, and revel in scenes from which polite people would instinctively turn away."

Bridesmaids was her flashpoint, the film that broke her out of the TV sidekick treadmill. As Megan — imagine a feral, female Guy Fieri — she stole the show out from under other, better-known stars like Kristen Wiig and earned an Oscar nomination. It's a wonderful, weird performance that hinted at great things to come.

But aside from a few inspired moments she has not made good on the promise of Bridesmaids. Her work has come to rely too heavily on a stock character, the obnoxious loser with a heart of gold buried beneath a thick shell of one-liners and non sequiturs.

"I've played a lot of characters who are very vocal, very aggressive," she told me last year. "For the women I've played there is a reason why they are so ballsy and it is nice when you see the crack in the veneer and you realize, 'It's part of their insecurity. They stay loud so nobody yells at them.'"

It's an interesting character breakdown but one that played itself out by the end of 2013's Identity Thief when, I believe, she became infected with Will Ferrell disease.

There was a time when Ferrell could do no wrong. At least that's what the directors of Blades of Glory, Land of the Lost and Semi-Pro thought. Popular with audiences, he was allowed to run riot in a series of so-so films resulting in the bleak middle period of his career where manic energy replaced humour in his films.

McCarthy suffers from the same affliction. She is funny, she knows how to deliver a line, but in Identity Thief, The Heat and Tammy she's off the chain, Ferrelling her way through underwritten scripts.

Ferrell turned things around and so has McCarthy. In St. Vincent she took a step away from her well-established comedic persona to deliver laughs and show her dramatic range.

Her latest film Spy is also a welcome return to form. Paired once again with director Feig, the movie offers up the best of both worlds — a funny, smart script and a director who knows how to maximize her talents. As Susan Cooper, a CIA computer-analyst-turned-international-field-agent-on-a-mission-of-revenge, she's likeable, funny and most importantly, reined in.

McCarthy kicks ass as a top CIA analyst turned spy in a new comedy by Bridesmaids director Feig. PHOTO COURTESY 20TH CENTURY FOX

MOVIE RATINGS by Richard Crouse

Spy ★★★★
Entourage ★★
Hungry Hearts ★★★½
Insidious: Chapter 3 ★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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INTERVIEW

Adrian Grenier vs. Vincent Chase

The Entourage star talks fame and his not-so-alter ego

Ned Ehrbar
Metro | Life

Hot, successful actor Adrian Grenier plays Vincent Chase — a hot, successful actor — in the Entourage movie, out this week. CONTRIBUTED

You would think life in Hollywood could be a bit awkward when you're best known for playing one the biggest (fictional) movie stars in the world, but Adrian Grenier insists his Entourage character, Vincent Chase, hasn't cast a shadow over his own career.

"I mean, I think it's a failure of imagination if you start to let your successes bog you down," said Grenier. "If I have to work harder to convince people that I'm more than the character or I have other things up my sleeve, then so be it."

In fact, Grenier made peace with his fictional alter ego a long time ago — for self-preservation if for nothing else.

"We're sort of living vicariously through each other, comfortably sharing the same space," he said. "When people call me Vince, I answer. I don't try to correct people. Because I am Vince to many people. I mean, even blurring the lines as much as the fact that Vince was Aquaman and in real life I do a lot of ocean work. I am Aquaman in real life, in a way."

Of course, there really is an Aquaman coming — to be directed by Furious 7's James Wan, from the same studio that released Entourage — but that one will star Jason Momoa, not Vincent Chase. Or Adrian Grenier. And just in case you were wondering, Grenier made no effort at all to get a shot at the superhero role that was such a success for Vinny Chase.

"I think that would've been too silly," he said. "I mean, if James Cameron was directing it I might be into it."

The Entourage film finds Vince a few years removed from the series' triumphant finale, a hugely successful and newly divorced movie star who now wants to direct his first feature — a plot point Grenier, a director himself, had a hand in crafting.

"Vince wanting to direct was part of what I was pushing for. I wanted to step up the character and allow him to evolve into that next stage of his career," said Grenier. "But for the most part Doug [Ellin] borrows from a lot of our real lives and also from what's happening out there in the zeitgeist."

Of course, Grenier has earned a unique view of the entertainment industry thanks to eight seasons and a movie spent playing Vince, and he insists the show's depiction of Hollywood is not as exaggerated as some make it out to be.

"It's pretty realistic. It reflects a truth, a reality in Hollywood, certainly, but also in a culture that puts fame and fortune and conspicuous consumption at the front," he said.

"It's wish-fulfillment fantasy, but at the same time it has something that's special about friendship and loyalty. And really it gives all the tools and guidelines on how to survive that world."

That loyalty bit — Vince's lifelong pals that make up his entourage — is key, he explained.

"I don't think it would be as popular of a show if it was only just the indulgence. That sounds like it would be a gossip show or something," said Grenier. "This is so much more."

"It's about the characters."

> **"We're sort of living vicariously through each other, comfortably sharing the same space."**
> Adrian Grenier

BASE jumping as a metaphor for life

Steve Gow
For Metro

When extreme sports legend Dean Potter died leaping in a wingsuit from a ridge in Yosemite National Park three weeks ago, it thrust a somber spotlight upon the controversial sport of BASE jumping.

But as tragic as that unfortunate death was, filmmaker Marah Strauch insists there's a lot more positive in the extreme sport of diving from fixed structures (building, antenna, span, and Earth, hence the acronym) than people tend to understand. It's something she hopes to reveal in her acclaimed documentary, Sunshine Superman.

"There are a lot of amazing things happening in BASE jumping," said Strauch during a recent interview. Rattled by the media's aversion "to report good news," she mentioned there are few examples that get favorable coverage — most notably, Felix Baumgartner's infamous 2012 supersonic skydive 24 miles above the Earth.

"It was wonderful when the media talked about that," said Strauch. "(But) I think that if he had passed away, it would've been an even bigger story. People like sensationalism (but) there's all kinds of successful things happening in BASE jumping all the time."

In Sunshine Superman, Strauch primarily focuses on the inspirational life of Carl Boenish — a cinematographer-turned-pioneering BASE jumper. As much as the movie utilizes Boenish's own captivating 16mm footage (which Strauch serendipitously stumbled upon through her uncle) to tell his story, the first-time director also aimed to present what people get out of leaping from tall buildings.

"These people are very freely doing what they love," said Strauch. "I identify with people who are true to their own vision of what life should be, whatever that may be. As long as it's not harming anybody — to me, that's something I can relate to."

Strauch may have gleaned inspiration from Boenish's found footage but admits she hasn't tried BASE jumping. Instead, Strauch discovered the sport motivated her in another form — to make the documentary.

"BASE jumping isn't for everyone at all but I think that it's something that people can be inspired by," said Strauch. "For me, this idea of overcoming fears, this idea of taking risks and being focused and concentrating on that moment of exit. In BASE jumping, if you're not paying attention, you're going to be dead. That, in life, is a really good lesson to learn."

Marah Strauch CONTRIBUTED

THE PERFECT FILMMAKER

"I was probably a good person to make the film," explained Strauch. "It could've been made into this really extreme sports, kind of macho film — which I don't think it is. It's this love story set against the backdrop of BASE jumping."

Jean and Carl Boenish in Sunshine Superman. CONTRIBUTED

Blythe Danner, right, plays Carol, a widow and former songstress in I'll See You in My Dreams. BLEECKER STREET/AP

Blythe spirit fresh as ever

OSCAR-WORTHY

Modest actress discusses first lead role on the big screen

Richard Crouse
Metro | Life

When I mention to Blythe Danner there is Academy Award buzz around her work as Carol, a widow taking tentative steps into the world of dating in the new film I'll See You in My Dreams, she says, "That, I find idiotic." Long pause. "But thank you."

Danner made her film debut in 1972, two years after she won a Best Supporting Actress Tony Award for Butterflies Are Free on Broadway. Since then she has amassed over one hundred film and television credits, including all three Meet the Parents movies and Sylvia, where she played the mother of Sylvia Plath as portrayed by her real-life daughter Gwyneth Paltrow.

Remarkably, I'll See You in My Dreams is her first lead role on the big screen. She plays Carol, a widowed woman whose carefully constructed world is rattled when she starts dating Bill (Sam Elliott).

"I think it is a very underplayed role," she says. "Yes, she runs the gamut of emotions but there is nothing that is very extreme in my playing of this role. It is heartening that people are touched by the whole film and if they are by my performance, that is very flattering but I don't see it as an Oscar-worthy performance. I just don't see it. The possibility seems absurd to me."

The veteran actress admits to feeling uncomfortable accepting praise

"I do think there is something wrong with me. I really do. I'm very perverse. It may be the fact that I went to Quaker schools growing up. I grew up in a household where we were always told not to get a big head about being received positively. It's the work that is important. My favourite thing when I played Nina in The Seagull was her speech at the end when she says, 'I know now that it is not the fame and the glory that is important, but how to endure.'"

> **I do think there is something wrong with me ... I'm very perverse.**
> Blythe Danner

Danner's wonderfully rendered portrayal of Carol is being called "quietly touching" by the New York Times and "deeply felt" by Variety but she credits writer-director Brett Haley with writing a script that was, "clear and accessible and simple."

"It was all on the page," she says. "I felt so grateful. I found it effortless. I feel a little guilty about saying that because it should have been harder. From the beginning to the end it was a gift."

DIRECTOR DEBUT

Insidious writer makes directorial debut

Insidious: Chapter 3 writer-director Leigh Whannell employed some rather unique methods to get his cast into terror mode.

On set, he used an air horn to scare the actors, and with star Stefanie Scott, he cranked up some screechy music to "prod her into this darker place."

"I would lock her in a closet and make her listen to death metal," Whannell said in an interview.

"I'm not talking about Metallica here. I was making her listen to Norwegian stuff. It's just like one note ... I kept her locked in there for a good hour."

Whannell wrote the first two films in the hit supernatural horror franchise and decided to make his directorial debut on the third, which opens Friday.

"I started thinking, 'Well, it would be foolish to turn down this opportunity to make a film that's guaranteed to be released in theatres, that already has a built-in fanbase, and I really cared about it," said the Melbourne native, who also wrote the first three Saw films.

The horror flick is a standalone prequel to the previous films and focuses on psychic Elise (Lin Shaye). When aspiring actress Quinn (Scott) asks Elise to help her get in touch with her dead mother, we learn of the medium's past with an otherworldly realm known as The Further. THE CANADIAN PRESS

Stefanie Scott CONTRIBUTED

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White meat, fries and lots of spies

Columnist Jessica Allen in her early undercover days. CONTRIBUTED

NOSTALGIA

Swiss Chalet chicken dinner reminds Allen of childhood spy games

THE TV DINNER

Jessica Allen

Nearly every Saturday night during my youth, our family of four would eat at the Swiss Chalet on Dundas Street in London, Ont. Right before we'd see a movie and just after we ordered four quarter chicken dinners (fries, white meat), I'd ask to use the washroom.

While it was not out of the ordinary in the '80s to spot an eight-year-old visit the washroom unattended, slightly more curious was seeing that child form a gun with her hand while slinking down the stairs because she thought she was a spy.

And not just any spy on their way to gather intelligence from the loo, but James Bond himself.

It was the fault of my folks for allowing me, from a very early age, to see Bond films — which occasionally led to awkward conversations: "Dad, what's an 'Octopussy'?"

Although it never occurred to me that on account of my gender I couldn't be James Bond, I'm happy to see a woman star in a spy film, albeit a spoof of the genre.

In Spy, which hits theatres on June 5, Melissa McCarthy plays a desk-bound CIA analyst thrown into the field as an undercover agent in order to prevent a global disaster. The film reunites her with Bridesmaids director Paul Feig.

My love of washrooms doesn't end with espionage: I vividly remember the post-food-poisoning epic washroom scene in Bridesmaids, which managed to surpass Dumb and Dumber's finely tuned aria of toilet noise.

However, I wasn't eating alone so neither film was an option. Take-out Swiss Chalet (white meat, fries), however, was uncontested.

"What about a Bourne movie?" I asked my partner Simon.

"The Bourne movies you've seen a hundred times? What about Barry Lyndon?"

"Not that Kubrick pic again."

Then I remembered the Swiss Chalet waitresses' uniforms back when they still wanted to emphasize the "Swiss" bits.

As my brother and I sipped Kitty Cocktails, we'd gaze up at ample bosoms. So Simon and I watched Martin Scorsese's 1993 adaptation of The Age of Innocence, obviously.

White wine replaced the Kitty Cocktail but the quarter chicken dinner was just as I remembered. The corsage cleavage, however, was a little flat.

Edith Wharton's Gilded Age novel is about gender restriction, something critics think limit McCarthy.

By repeatedly playing the "hot mess," she's pigeonholing herself, they say.

It's a false assumption that if you conquer the gender divide on the screen, it will make the gender divide in the real world more palatable.

Besides, I don't want to watch McCarthy take a dump in a sink because she's a woman. I want to see her do it because she's one of the few genuinely hilarious people on screen, like Buster Keaton before her, who's mastered the art of physical comedy.

McCarthy's mission in Spy is to save the world. With all due respect to her bowels, I hope she never stops.

Now playing

HORROR

Insidious: Chapter 3

Director: Leigh Whannell
Starring: Dermot Mulroney, Stefanie Scott

This chilling prequel reveals how gifted psychic Elise Rainier reluctantly agrees to use her ability to contact the dead in order to help a teenage girl who has been targeted by a dangerous supernatural entity.

ROTTEN TOMATOES™ SCORE

Critics: 55% Audience: +92%

HORROR

Berkshire County

Director: Audrey Cummings
Starring: Alysa King, Samora Smallwood

Kylie Winters reluctantly agrees to babysit at an isolated country mansion on Halloween night. When a boy in a pig mask appears at the door trick-or-treating, Kylie's night transforms into a horrifying cat-and-mouse game.

ROTTEN TOMATOES™ SCORE

Critics: No reviews yet Audience: 100%

DRAMA

Saint Laurent

Director: Bertrand Bonello
Starring: Gaspard Ulliel, Jérémie Renier

1967-1976: As one of history's greatest fashion designers entered a decade of freedom, neither came out of it in one piece.

ROTTEN TOMATOES™ SCORE

Critics: 55% Audience: 49%

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Your essential daily news

A self-service pub has become a hit in Uhrinovice, Czech Republic

East coast eats

ISTOCK

CANADA

Explore the Maritimes and discover food along the way

ON THE MOVE
Loren Christie

Heading to the Maritimes this summer? Let your stomach guide you.

NOVA SCOTIA

1 Lobster season never ends in Nova Scotia; it just rotates around the province's different coastal regions. The Lobster Shack in **Barrington Passage** serves up a heavenly lobster fondue where diners dip skewers of toasted garlic bread and hunks of lobster into a delicious cream sauce.

2 **Oxford** is the blueberry capital of the world. Time your visit for harvest season at the beginning of August and make sure to try blueberry grunt, dumplings cooked in a blueberry sauce.

3 Located on the Bay of Fundy, the town of **Digby** is all about scallops. Have them on their own starring in a seafood chowder.

4 Quench your thirst along the Good Cheer Trail, which includes 14 wineries, 12 craft breweries, five distilleries and five brew pubs from **Yarmouth** to **Cape Breton**. It also includes two historical sites, the Fortress of Louisbourg and Port Royal, where Samuel de Champlain established the Order of Good Cheer back in 1606 as way to raise the spirits of early settlers.

PRINCE EDWARD ISLAND

1 The charming fishing village of **North Rustico** is home to the Blue Mussel Café, the perfect spot to sample some of the world's best mussels.

2 Carr's Oyster Bar in **Stanley Bridge** serves up Malpeque oysters fresh from their own beds.

3 Cows Ice Cream is an island classic. Visit its factory in **Charlottetown** and sample its ice cream, old cheddar cheese and chocolate-covered potato chips.

NEW BRUNSWICK

1 Ever tried seaweed? Bags of dulse are sold like potato chips at Roland's Sea Vegetables on the island of **Grand Manan**.

2 Sample delicious Acadian treats, such as poutine râpée, pets de soeur, poutine à trou and chicken fricot, at Le Menu Acadien in **Shediac** ...

3 ... Or the Restaurant La Sagouine in **Bouctouche**.

4 Ployes are buckwheat pancakes that are hugely popular in the **Edmundston** area. Contrary to a pancake, a ploye is only cooked on one side. Before eating it, butter it up and slather it in maple syrup, brown sugar or molasses.

5 Ganong Chocolates in **St. Stephen** is Canada's oldest independently family-owned and operated chocolate company. They were the original inventors of the heart-shaped candy box. Try one of their original products; a Pal-O-Mine chocolate bar or chicken bones, a popular pink Christmas candy.

TRAVEL NOTES CHEAP HOTELS, SECRET SERVICE, CANADA CRUISING AND DINOSAUR ADVENTURE

Best hotel prices
While some hotels reveal unadvertised perks when you book with them directly, it's the major travel booking sites that offer a best price guarantee. You can snap up a good deal when you see it, then find a better price somewhere else later if you want. Expedia even throws in travel coupons. Less stress and more savings.

Bond hideaway
From now until Oct. 31, take advantage of a special four-night package at GoldenEye Hotel & Resort in Jamaica, once the five-bedroom villa of James Bond creator Ian Fleming. This is where he wrote all 14 Bond novels. Write postcards at Fleming's original desk and have cocktails at Noel Coward's old house next door. Visit GoldenEye.com.

The GoldenEye Hotel & Resort, Jamaica.
CONTRIBUTED

True North
Whales, bears, walruses — and Alex Trebek. Adventure Canada has hooked the Jeopardy host to be the special guest on its 12-day Arctic Explorer trip departing Aug. 9 from Resolute, Nunavut. The cruise includes a visit to the remains of the Franklin Expedition on Beechey Island. Visit AdventureCanada.com.

Home-grown dinosaurs
In the run-up to the release of Jurassic World, get your very own dinosaur adventure right here in Canada near Brooks, Alta., at the Dinosaur Provincial Park. Explore the badlands, camp under the stars, take part in an authentic dinosaur dig and examine the almost 500 fossils. Visit TravelAlberta.com.
DOUG WALLACE

Cruise along the Baffin Island coastline.
ANDREW STEWART

Living on the edge

Steve Gow
For Metro

ADVENTURE

Worldwide skywalks are not for the faint of heart

With summer quickly approaching, it's not only time to get outdoors — it's time for the more courageous to test their threshold for "living on the edge." If you need to kick-start your heart after a wearisome winter, try a daring excursion on one of the world's most sensational skywalks. Are you brave enough to walk on the wild side?

BRIDGECLIMB SYDNEY

BRIDGECLIMB — SYDNEY, AUSTRALIA

What it is: If you don't mind climbing stairs, BridgeClimb is a march over the outer arches of the iconic Sydney Harbour Bridge where you'll be able to soak in the gorgeous panorama of Australia's largest metropolis from 134 metres above the harbour.
Why it should be tackled: The views are simply sensational. Plus, if climbing the bridge doesn't wear you out, your admission also includes the Pylon Lookout — a 200-stair ascent to breathtaking views of Sydney's Opera House and three levels of exhibits about the history of the Harbour Bridge. bridgeclimb.com

EDGEWALK VIA FACEBOOK

EDGEWALK — TORONTO

What it is: The world record holder for "highest external walk on a building," CN Tower's EdgeWalk offers adventurers the chance to stroll "hands free" around the circumference of Toronto's iconic skyscraper. While participants are harnessed for safety, daredevils are still encouraged to lean themselves out 116 storeys above the city.
Why it should be tackled: EdgeWalk not only allows for a one-of-a-kind view of Canada's largest city, but admission also gets you a video, photos, access to the LookOut level, Glass Floor and other attractions. edgewalkcntower.ca

FLICKR: WILLIAM NG

GLACIER SKYWALK — ALBERTA

What it is: Jutting out from a roadside cliff-edge atop the Sunwapta valley between Jasper and Banff, Glacier Skywalk offers fearless travellers the opportunity to traverse a glass-floored walkway 918 feet over forest, waterfalls and soaring birds.
Why it should be tackled: For as little as $30, intrepid tourists can experience one of the most breathtaking views in the Canadian Rockies. And if acrophobia (extreme fear of heights) doesn't set in, you may even enjoy some of the nature-inspired interpretive exhibits along the way. glacierskywalk.ca

FLICKR: STEPHAN HAUBOLD

GRAND CANYON SKYWALK — ARIZONA

What it is: Attracting about 370,000 people a year, the Skywalk is the only place along the Grand Canyon where travellers can amble along a glass-bottomed walkway 4,000 feet above the Colorado River. Built in 2007, the horseshoe-shaped bridge is strong enough to support about 70 747 airplanes.
Why it should be tackled: Although the Skyway is a bit on the pricey side and in a relatively remote area, venturesome tourists say the experience is exhilarating and provides absolutely stunning views of the Grand Canyon. grandcanyonskywalk.com

ISTOCK

TIANMEN MOUNTAIN — CHINA

What it is: The skywalk on Tianmen Mountain in Zhangjiajie, China, is the apex for adventurers. First, daredevils need to ride the world's longest cable car (more than 7 kilometres) just to reach a sheer cliff-face that hangs 1,433 metres above sea level. There awaits a rickety, nearly one-metre wide glass-bottomed overhang that is purportedly the world's scariest bridge.
Why it should be tackled: Face your fears. Tianmen National Park also offers other plucky pursuits, including the Xianren Qiao (Bridge of the Immortals), a narrow rock bridge. chinahighlights.com/zhangjiajie/attraction

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MONUMENTS

Angkor Wat tops list of faves

Cambodia's Angkor Wat temple is the monument of choice for travellers, TripAdvisor has revealed.

Earlier this week, the travel review website unveiled the Travelers' Choice Landmarks list.

The attractions on the list suggest travellers prefer historical monuments that have stood the test of time.

Proof lies in the temple of Angkor Wat clinching the first spot on the list, followed by the ancient Inca city of Machu Picchu in Peru in second and India's Taj Mahal in third.

The winners were determined with the help of an algorithm that took into account the quantity and quality of the comments on these monuments on TripAdvisor over 12 months. AFP

Angkor Wat temple was built in the 12th century. WIKIMEDIA COMMONS

TRAVELERS' CHOICE LANDMARKS

Tourists' Top 10 favourite monuments
1. Angkor Wat — Siem Reap, Cambodia
2. Machu Picchu — Machu Picchu, Peru
3. Taj Mahal — Agra, India
4. Sheikh Zayed Mosque — Abu Dhabi, U.A.E.
5. Basilica of the Sagrada Familia — Barcelona, Spain
6. St. Peter's Basilica — Vatican City, Italy
7. Milan Cathedral (Duomo) — Milan, Italy
8. Alcatraz — San Francisco, Calif., U.S.A.
9. Corcovado (Christ the Redeemer) — Rio de Janeiro, Brazil
10. The Golden Gate Bridge — San Francisco, Calif., U.S.A.

TRIPADVISOR VIA AFP

metro SPORTS

Olympic gold-medal winning speedskater Christine Nesbitt has retired

WEEKEND, June 5-7, 2015

‘Best coach I’ve ever had’

WOMEN’S WORLD CUP

Herdman motivates his players on and off pitch

The Canadian women call John Herdman the “Black Flash” when their coach joins in on their soccer practices. It’s a name he gave himself, they note.

Herdman, who played for his university as well as semi-pro teams back home in England, has a sense of humour. He also likes his party tricks on the ball.

“He does have some moves,” said veteran midfielder Diana Matheson. “The Black Flash’s downfall is that he maybe uses too many moves and he gets himself into trouble and maybe causes a few goals against his team that way.”

But most of all, Herdman is a master motivator and source of inspiration, his players say. No one works harder or longer.

They say Herdman has made them better players and better people.

Those skills will be put to the ultimate soccer test starting this weekend — the Women’s World Cup. Canada, ranked eighth in the world, opens Saturday against No. 16 China at Commonwealth Stadium.

John Herdman took over as Canada’s coach following the 2011 Women’s World Cup. DARRYL DYCK/THE CANADIAN PRESS

Herdman’s journey with the Canadian women started when he took over from Carolina Morace in the wake of a disastrous 2011 World Cup that saw Canada finish last.

Ask the players what state they were in after the tournament in Germany, almost every one uses the same word: broken.

One of his mentors told Herdman he needed to find a way to get the Canadian team reconnected after the “trauma” of the 2011 World Cup. In doing his homework, Herdman was struck by Canada’s patriotism.

“My first piece was like, ‘Who are you as Canadians?’ That was my first question. Tell us,” said Herdman. “And we went 30 minutes in a meeting. They’d never been asked that before by a Norwegian or an Italian coach.”

In Canada’s final warm-up game last week, every member of the match-day squad took the field for the anthems before facing England in Hamilton. They put their arms over their neighbours’ shoulder and sang O Canada together. Only the English starters were on the field.

Herdman has challenged his players to become true leaders, a subject they have literally studied off the field through books and lectures. He has had them strip away defence mechanisms to share their emotions with their teammates, further strengthening team ties.

Ask his players what it’s like working under Herdman, and they say it’s an honour and a privilege.

“(He’s) somebody that knows absolutely how to get the best out of people,” said veteran defender Carmelina Moscato. “He’s a high-performing guy. He’s created the environment for that. And you talk about squeezing blood from a rock, I mean he’s really done it with a lot of us — reinventing us.

“I’m 31 years old and he continues to call me a modern centre back. So I’ll take it. It’s pretty awesome.”

“The best coach I’ve ever had,” said forward Jonelle Filigno. THE CANADIAN PRESS

PROFILE

Age: 39
Place of birth: Consett, England
Teams managed: New Zealand (2006-2011), Canada (2011-present)
Past career: University lecturer

FIFA scandal dominates opening news conference

Cam Tucker
Metro | Vancouver

Even the dullest of knives could have cut the tension by the end of Thursday’s opening news conference for the 2015 FIFA Women’s World Cup, as wave after wave of questions about the ongoing FIFA scandal rolled upon the dignitaries at the podium.

On more than one occasion, FIFA media relations manager Segolene Valentin, who was moderating the news conference, butted in to ask if there were questions about the actual tournament.

FIFA secretary general Jerome Valcke was initially slated to attend the opening news conference, but has become among the latest officials to be swept up in the widespread corruption scandal and will remain in Zurich, Switzerland.

920K

The number of tickets sold so far for the Women’s World Cup

Valentin could not confirm if Sepp Blatter, who declared that he’s stepping down as the president of soccer’s governing body, just days after re-election following the dramatic arrests of several FIFA officials in Switzerland, will be in Canada for the tournament.

And by the end of it, Victor Montagliani, president of the Canadian Soccer Association and chair for the national organizing committee, sternly lectured reporters to “maybe look in the mirror a little bit and maybe not put people on a pedestal so you can whack the hell out of them after,” when further questioned about his relationship with Jeffrey Webb, who was among those FIFA officials arrested on corruption charges.

In a Business Vancouver article, Montagliani listed Webb as one of his “inspirations.”

“Having said that, if the allegations ... are true, then obviously that would change a lot of people’s opinion,” said Montagliani.

Saturday’s opener is expected to draw a crowd of 52,000 people at Edmonton’s Commonwealth Stadium.

“I think we should all thank that it’s the Women’s World Cup that is immediately following here,” said Montagliani, “because I think it’s an opportunity for women’s football to shine some light onto the game that has perhaps lost a little bit of its moral compass.”

Canadian Soccer Association president Victor Montagliani speaks during a news conference for the Women’s World Cup in Vancouver on Thursday. DARRYL DYCK/THE CANADIAN PRESS

FIFA NOTES

Body admits to writing off $5M loan to Ireland

FIFA has admitted to giving Ireland $5 million in compensation for missing out on a place at the 2010 World Cup after Thierry Henry’s handball that set up the French winner.

The payment — initially a loan — was not disclosed in the wake of the 2009 playoff game, which France won 2-1 on aggregate to reach the finals in South Africa.

Thierry Henry GETTY IMAGES FILE

The cash from FIFA was first disclosed in public on Thursday by Football Association of Ireland chief executive John Delaney, who didn’t say it was a loan.

THE ASSOCIATED PRESS

South African police investigating bribe claims

South African authorities have opened a preliminary investigation into World Cup bribery allegations, and an opposition lawmaker said Thursday he had information suggesting “high-level” involvement.

Anton Alberts of the Freedom Front Plus said the information his party received claimed a previous investigation into payments around the World Cup bid was stopped by “high-level interference.”

THE ASSOCIATED PRESS

Racism reason for Qatar World Cup hate: Minister

Qatar’s foreign minister says racism is behind the allegations that his country was wrongly awarded the 2022 World Cup, and he denounced the furor surrounding the widening FIFA scandal.

Khalid Bin Mohammad Al Attiyah, visiting Tunisia, said on Thursday that his country co-operated with American investigators and was cleared of any suspicion.

THE ASSOCIATED PRESS

IN BRIEF

Unwell Williams into final
Early on in her French Open semi-final, an ill Serena Williams played as poorly as her health. She failed to chase balls she normally would. As telling as anything: On those occasions when she did win points, Williams just refrained from her familiar fist pumps and yells of "Come on!"

Never can count her out, though, no matter the circumstances. Down a set and a break Thursday, and clearly not herself, Williams summoned the resolve to reach the final by beating 23rd-seeded Timea Bacsinszky of Switzerland 4-6, 6-3, 6-0.
THE ASSOCIATED PRESS

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Three's a crowd in Senators' crease

NHL

GM Murray may have to sell with too many goalie options

With three NHL goalies under contract, Bryan Murray knows something has to give.

The Ottawa Senators general manager told media Thursday morning that he has fielded a number of calls regarding his goaltending trio.

With Craig Anderson and Robin Lehner already under contract, the Senators made their goaltending situation more interesting by signing Andrew Hammond, who had a breakout season in 2014-15, to a three-year deal last month.

That leaves Murray with the difficult task of deciding who to keep. "There's some real interest by a number of teams that don't have the depth that we have that are looking for an NHL goaltender and we'll just have to filter through them as we do, as we're doing now, and try to get a deal that fits for the organization," Murray said.

He added there's no immediate timetable to get a deal done, but he anticipates something happening sooner rather than later.

"I think we have identified and know the teams that are looking, that are serious about looking. I think over the next week or two I'll probably get as good an offer as I'm going to get for it and I'll have to make a call at some point, hopefully before the draft, but it doesn't have to be then it can be around training camp if that's what it leads to."

It seems to come down to Anderson or Lehner leaving as they will likely provide the better return, but the question remains what is best for the Senators.

This past season Anderson posted a 14-13-8 record with a .923 save percentage and 2.49 goals-against average, while Lehner was 9-12-3 with the .905 save percentage and 3.02 GAA.
THE CANADIAN PRESS

> **There's some real interest by a number of teams that don't have the depth that we have that are looking for an NHL goaltender.**
> Senators' head coach Bryan Murray

The Senators will look to move one of their goalies this summer and it'll probably be either Craig Anderson or Robin Lehner.
JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

STANLEY CUP

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RECIPE Arugula Tomato Quinoa Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

A delicious and refreshing summer salad. Quinoa is a complete protein, making this a great option as a main dish for vegetarians.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients
- 1½ cups cooked quinoa (½ uncooked)
- 4 cups cherry tomatoes, sliced in half (red and yellow)
- 4 cups arugula or spinach
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp minced garlic
- 2 oz crumbled feta cheese
- ¼ cup fresh chopped mint or basil

Directions

1. If cooking quinoa, add one and a half cups stock or water to each half cup uncooked quinoa. Bring to boil, cover and simmer, on lowest heat for 15 minutes, just until quinoa is tender. Drain off any excess liquid. Add to serving bowl.

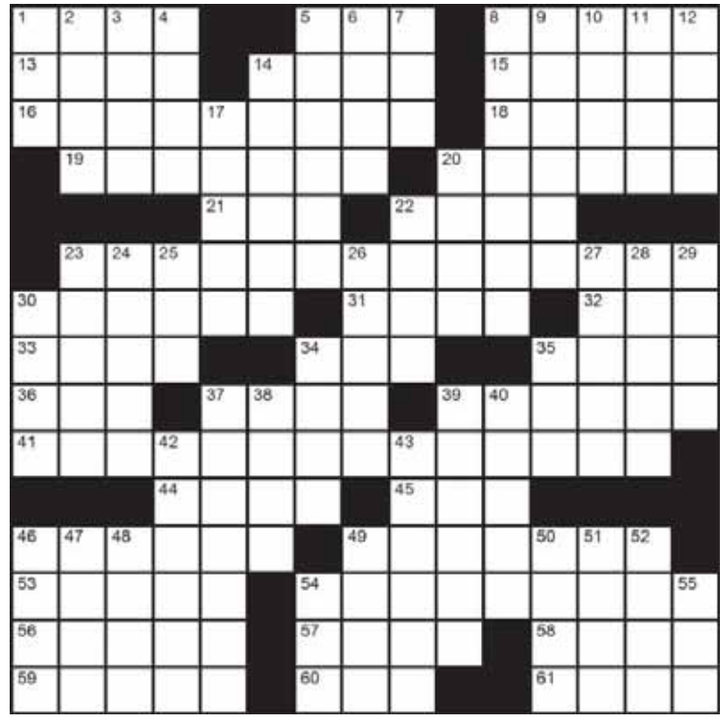
2. When quinoa is cooled, add remaining ingredients and mix well.

Nutrition per serving
- Calories 140
- Protein 5 g
- Fibre 3 g
- Fat 7 g
- Saturated Fat 1.5 g
- Cholesterol 5 mg
- Sodium 160 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Shangri-la
5. Camera mugger
8. Canuck chocolate bar, with Coffee
13. "__: Warrior Princess"
14. 2016 Presidential candidate Mr. Paul
15. __! Canada (Celebrity/style magazine)
16. 1966 album by #54-Across: 2 wds.
18. In front
19. Psychotherapist mentioned in Barenaked Ladies song "Brian Wilson": 2 wds.
20. Wave tops
21. Alphabetic trio
22. Capital city of Togo
23. Bit of "Brian Wilson" by the Barenaked Ladies: "__ __ __ / I couldn't see the ground..."
30. Stalwart
31. Crucifix
32. Small, cute-style
33. Allows
34. Ruckus
35. Go through
36. And: German
37. Mayberry kid of '60s TV
39. Soft drink brand
41. Song by #54-Across on their 1967 'Smiley Smile' album: 2 wds.
44. Roger who played Robin Colcord on "Cheers"
45. Ink-on-skin pic
46. __ shop (Place to drive to on a Tuesday night in "Brian Wilson" by the Barenaked Ladies)
49. Sword fighters
53. Set of values
54. Brian Wilson's band, with The: 2 wds.
56. Lizard variety
57. Ploy
58. Digging dog's discovery
59. Backslide
60. Poetic piece
61. Fret

DOWN
1. __. date (Food label info)
2. Feat
3. __'acte (Intermission)
4. FC Edmonton sports org.
5. Pass, as a relay baton: 2 wds.
6. Canadian musician Mr. Kim
7. ER pros
8. TV series about sister witches
9. Fix a shoe in a way
10. Islands: French
11. Crate strip
12. Seal herds
14. Goes over with, as an itinerary: 2 wds.
17. Raced in a regatta
20. __ salmon
22. City in France known for silk
23. Office item, __ pad
24. Surpass
25. "The Wrestler" (2008) star ...his initials-sharers
26. Less wet, variantly
27. Without the extras
28. Light rains
29. Additional
30. Garden denizen
34. "First __!" (Rights-claimer's exclamation)
35. For
37. Supervise
38. __ Piper
39. Position
40. __ and catch
42. Reacts like Pavlov's dog
43. Comfy: 2 wds.
46. Tangible
47. Volcano in Sicily
48. Cut
49. Game show, "Family __"
50. Dwindles
51. Tooth part
52. Since, to Robert Burns
54. Sibling to sis'
55. Stitch

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Better times are on their way and evidence of that will be with you soon. Venus in your fellow Fire sign of Leo will encourage you to see the harmony that exists in all situations, even the ones that provoke confrontation.

Taurus April 21 - May 21
You may be tempted to work harder than ever but the planets indicate it would be better if you took the opposite approach. Slow down and don't take life so seriously.

Gemini May 22 - June 21
If you have found it difficult to get your message across of late then it should be easier today and over the weekend. Travel and social activities are also under good stars now, so get out and about and make sure you get seen.

Cancer June 22 - July 23
In recent weeks you had to get serious about your money situation but as Venus moves into the most materialistic area of your chart today you won't have to make quite so many sacrifices.

Leo July 24 - Aug. 23
Put recent failures and disappointments behind you and focus on all the good things yet to come. Forget all that doom and gloom stuff and make things happen. Anything is possible if you want it enough.

Virgo Aug. 24 - Sept. 23
Try not to worry if your confidence takes a bit of a dive today. Your positive attitude will return over the weekend and you will wonder how you managed to doubt yourself. Friends and family, of course, never did.

Libra Sept. 24 - Oct. 23
Friendships and group activities will go exceedingly well today and over the weekend. Even if you are the kind of Libra who enjoys your own company you'll want to be where the action is. Party time!

Scorpio Oct. 24 - Nov. 22
The plans you make over the next few days will be important but try not to make them too restrictive. For best results you need to leave yourself some wiggle room so you can make changes as you go along. Be flexible.

Sagittarius Nov. 23 - Dec. 21
You are in one of your adventurous moods and if you are not off exploring new places it can only be because you are short of cash. Find ways to limit your spending in some areas so you can do more in others.

Capricorn Dec. 22 - Jan. 20
It's good news all-round for money matters and business arrangements. The entry of Venus into the wealth area of your chart means you can expect some kind of windfall. A joint project will pay off big time.

Aquarius Jan. 21 - Feb. 19
There is a lot you can accomplish alone but there is so much more you can accomplish if you join forces with people whose objectives mirror your own. Venus in your opposite sign will encourage you not to be such a lone wolf.

Pisces Feb. 20 - March 20
A new project is more likely to be a success if you take your time and plan what needs to be done in advance. You need to take things a step at a time.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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